

Daily Physical Education in Alberta Schools

Public School: Grades K–12

40 minutes (K–9) of Physical Education every day
80 minutes (PE 10, 20, & 30) of Physical Education every 2 days

School Demographics

Enrollment: 127

Special Programs: none

School Facilities

- Single Station Gym
- Sports Fields
- Fitness Centre
- Tarmac
- Playground

Community Facilities

Busing Distance

- Pool
- Bowling
- Wall Climbing
- Outdoor Pursuits

Walking Distance

- Arena
- Walking trails

Snapshots

Prior to Daily Physical Education

- Daily Physical Education since 1970 for K-9.

Implementation of Daily Physical Education

- Administrative support for daily physical education has been a key factor
- One of the important considerations in a K-12 school is for the junior and high school timetables to be considerate of the needs of the elementary
- Scheduling is done with consideration for the needs of each grade level.
- One physical education teacher for grades 7-12. This PE teacher acts as resource for the elementary teachers and shares ideas, activities and equipment.
- The limited budget for physical education has been supplemented by community grants to purchase snowshoes, cross country skis, and other outdoor equipment that is then shared with community member.

Observations of Impact

- A culture has been created where students expect and look forward to daily physical education.
- Staff are very pro-active and look for new ideas and activities.

Scheduling Demographics

5 day schedule

1500 minutes of instructional time per week

190 instructional days per year

GRADE 2

Subject	Percentage Time Allocation by Subject	Percentage Time Allocations Recommended by Alberta Education (2005-06 Guide to Education)
Math	14%	15%
Language Arts	27%	30%
Social	11%	10%
Science	10%	10%
Physical Education	13%	10%
Health	4%	
Art & Music	7%	10%
Computer	5%	
Integrated Centres	9%	
Time for optional subjects	(Computer, Centres)	15%
Total Hours per Year	950 hours	950 hours

SAMPLE GRADE 2 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 40 minutes	Physical Education	Math Centres	Physical Education	Physical Education	Physical Education
Block 2 35 minutes	Math	Math Centres	Math	Centres	Language Arts
Recess – 15 minutes					
Block 3 40 minutes	Language Arts	Math Centres	Language Arts	Centres	Language Arts
Block 4 35 minutes	Language Arts	Physical Education	Language Arts	Centres	Language Arts
Lunch – 45 minutes					
Block 5 40 minutes	Art	Science	Language Arts	Music	Math
Block 6 30 minutes	Music	Science	Computer	Language Arts	Math
Recess – 15 minutes					
Block 7 40 minutes	Social Studies	Language Arts	Science	Computer	Social Studies
Block 8 40 minutes	Social Studies	Health	Science	Language Arts	Social Studies

Scheduling Demographics

5 day schedule

1600 minutes of instructional time per week

190 instructional days per year

GRADE 7

Subject	Hours of Instruction per Year	Alberta Education Recommended Hours of Instruction per Year (2005-06 Guide to Education)
Language Arts	141 hours	150 hours
Math	141 hours	100 hours
Social	141 hours	100 hours
Science	141 hours	100 hours
Physical Education	91 hours	75 hours
Health	50 hours	50 hours
Option #1	70 hours	150 hours
Option #2	70 hours	
Option #3	70 hours	
CTS	70 hours	
Flex Time	(allocated throughout)	225 hours
Total Hours per Year	985 hours	950 hours

SAMPLE GRADE 7 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
Block 1 40 minutes	Language Arts	Social Studies	Science	Science	Science
Block 2 40 minutes	Language Arts	Social Studies	Science	Science	Science
Break – 10 minutes					
Block 3 40 minutes	Math	Option #2	Language Arts	Physical Education	Option #1
Block 4 40 minutes	Math	Option #2	Language Arts	Language Arts	Health
Lunch – 40 minutes					
Block 5 40 minutes	Option #1	Physical Education	Math	Language Arts	Math
Block 6 40 minutes	Option #1	Language Arts	Math	Social Studies	Math
Break – 5 minutes					
Block 7 40 minutes	Physical Education	Language Arts	Social Studies	Social Studies	Physical Education
Block 8 40 minutes	Science	Math	Physical Education	Option #2	Social Studies